

Lidgerwood Senior Center

Home Delivered Meals, Carry Out Meals and Congregate Meals are a suggested donation of \$4.00 per meal for people 60 + and their spouse of any age. Under 60 is a charge of \$9.00 per meal.

Lidgerwood
538-4602

April 2024

All Meals Include
1% Milk

| MONDAY 1 | TUESDAY 2 | WEDNESDAY 3 | THURSDAY 4 | FRIDAY 5 |
|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------|-------------------------------------------------------------------------------------------------|------------------|
| Country Fried Steak / Country Gravy Rosemary Potatoes Parslied Carrots Tropical Fruit Whole Wheat Bread x2 | Beef Taco Salad Tortilla Chips Salsa Fresh Berries w/ Whipped Topping | | Supreme Pizza Casserole Green Beans Oregano Apricots Whole Grain Breadstick | |
| MONDAY 8 | TUESDAY 9 | WEDNESDAY 10 | THURSDAY 11 | FRIDAY 12 |
| Beef Broccoli Stir Fry Brown Rice Vegetable Egg Roll Sweet & Sour Sauce Orange | Lemon Pepper Fish Whipped Sweet Potato Roasted Brussel Sprouts Applesauce Whole Wheat Bread x 2 | | Hamburger on a Bun Baked Beans Lettuce, Tomato, Onion Strawberries | |
| MONDAY 15 | TUESDAY 16 | WEDNESDAY 17 | THURSDAY 18 | FRIDAY 19 |
| Honey Roasted Pork Chop Tuscany Summer Veggies Oranges/Pineapple/Bananas Hot Spiced Apples Whole Wheat Bread x2 | Chicken Fettucine Alfredo House Salad Savory Carrots Peaches / Orange Sauce Whole Grain Breadstick | | Grilled Chicken Breast Potato Salad Winter Blend Veggies Pears Whole Wheat Bread x2 | |
| MONDAY 22 | TUESDAY 23 | WEDNESDAY 24 | THURSDAY 25 | FRIDAY 26 |
| Lasagna House Salad Wax Beans Peaches Parmesan Cheese Whole Grain Breadstick | Baked Cod / Garlic Butter Lemon Dill Orzo Seasoned Zucchini Mandarin Oranges Whole Wheat Bread | | Beef Pot Roast Brown Gravy Mashed Potatoes Broccoli Plums Whole Wheat Bread x2 | |
| MONDAY 29 | TUESDAY 30 | | | |
| Chicken Kiev O'Brien Potatoes Country Blend Veggies Ginger Baked Pears / Topping Whole Wheat Bread x2 | Beef Tips Mushrooms / Gravy Baked Potato Green Beans Blueberries Whole Wheat Bread x2 | | | |